

CALCIUM FOOD SOURCES

Calcium Food Sources

Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? (Y, N)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State

Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.

Sample Size(s) n=1,500-1,700 adults biennially.

Mode Interviewer:Telephone (RDD).

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability

Internal Validity

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Oppen M et al. 2002.

Calcium Food Sources

Yesterday, did you eat any cheese, like on a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack? (Y, N)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State
Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.
Sample Size(s) n=1,500-1,700 adults biennially.
Mode Interviewer:Telephone (RDD).

Documented

Description

Other Languages **X** Spanish
Low-Income **X**
Low Education Level

Evidence

Reliability
Internal Validity
External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes:

Citations: Oppen M et al. 2002.

Calcium Food Sources

Now think about the foods you eat. Would you say you always, sometimes, rarely, or never: Use skim or 1% milk instead of 2% or whole milk? (always, sometimes, rarely, never)

Preliminary Rank High **Instrument** Diet and Health Knowledge Survey (DHKS) 1994-1996 (conducted as follow-up to CSFII)

Administration

Population National
Subgroup Nationally representative; Adults 20+ years of age; Oversampling of low-income.
Sample Size(s) n=5,649 in national study; n=1,196 for Obayashi S et al 2003 analysis; n=5,512 for Kuchler F et al 2002 analysis; n=2419 adult women for Lin BH et al 2004 analysis.
Mode Interviewer:Telephone interview; Trained interviewer.

Documented

Description

Other Languages
 Low-Income **X**
 Low Education Level 10.8% had less than a HS degree in Obayashi S et al. 2003.

Evidence

Reliability
 Internal Validity
 External Validity
 Sensitive to Change
 Related to Outcome(s) **X** Significant predictor of total and saturated fat intake; exclusive use of skim or lowfat milk is associated with higher BMI values by 0.76 for women (t-ratio=2.47, P<0.05) and 1.09 for men (t-ratio=3.89, P<0.01); low-income women who exclusively drink skim or lowfat milk had a higher BMI by 0.77 (P<0.10, t-ratio=1.77) than other low-income women; high-income women who exclusively drink skim or lowfat milk had a higher BMI by 0.67 (P<0.01, t-ratio=2.47) than other high-income women.
 Other **X** Other tests for reliability and validity were conducted on the DHKS 1989-1991 instrument.

Notes: Relates to "healthy weight." DHKS data indicate that many low-income adults do not know specific facts related to the health consequences or benefits of certain dietary practices, lack confidence that their diets comply with healthful dietary practices (especially among FSP participants), do not engage in dietary habits to lower fat and cholesterol, do not meet the Food Guide Pyramid or Dietary Guidelines recommendations, and have inadequate usual intakes of several micronutrients; DHKS data provide little evidence of differences in dietary intake between FSP participants and other low-income nonparticipants. DHKS 1994-1996 results cannot be compared to DHKS 1989-1991 results.

Citations: USDA/ARS 2004; Gleason P et al. 2000; Obayashi S et al. 2003; Capps O et al. 2002; Kuchler F et al. 2002; Lin BH et al. 2004.

Calcium Food Sources

Do you use low-fat (2%), very low-fat (1%), buttermilk or non-fat skim milk? (usually/always, often, sometimes, rarely, never)

Preliminary Rank High **Instrument** Food Behavior Checklist (1997)

Administration

Population Local

Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.

Sample Size(s) n=95, n=100, n=132.

Mode Interviewer: Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability Control group reliability test not significant.

Internal Validity **X** Correlation coefficient to HEI from 24 hour recall = .18.

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

Calcium Food Sources

Do you drink milk daily? (usually/always, often, sometimes, rarely, never)

Preliminary Rank High **Instrument** Food Behavior Checklist (1997)

Administration

Population Local

Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.

Sample Size(s) n=95, n=100, n=132.

Mode Interviewer:Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability **X** Test-retest correlation coefficient = .77.

Internal Validity **X** Correlation coefficient to servings of dairy from 24 hour recall = .32 and Calcium Foods = .29. Coefficient to Calcium Foods = .30.

External Validity

Sensitive to Change

Related to No significant correlation to serum carotenoid level.

Outcome(s)

Other **X** A Flesch Reading Ease score of 96 and a Flesch Kincaid score of 2.8 indicates less than fourth grade reading level.

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

Calcium Food Sources

During the past week did you have milk as a beverage or on cereal? (Y, N)

Preliminary Rank High **Instrument** Food Behavior Checklist (1997)

Administration

Population Local

Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.

Sample Size(s) n=95, n=100, n=132.

Mode Interviewer:Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability **X** Test-retest correlation coefficient = .38.

Internal Validity **X** Correlation coefficient to servings of dairy from 24 hour recall = .25 and Calcium Foods = .25. Coefficient to average of dairy = .23 and Calcium Foods = .21.

External Validity

Sensitive to Change

Related to No significant correlation to serum carotenoid level.

Outcome(s)

Other **X** A Flesch Reading Ease score of 96 and a Flesch Kincaid score of 2.8 indicates less than fourth grade reading level.

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

Calcium Food Sources

When you drank milk as a beverage, what kind was it usually? (whole milk, 2% milk, 1% milk, skim milk)

Preliminary Rank Medium **Instrument** Massachusetts' TreatWell 5 A Day Program (1996)

Administration

Population Local

Subgroup Massachusetts' TreatWell 5 A Day Program (22 community health centers, 23% Hispanic, 18% African-American, 20% had 12th grade education or less, 84% female).

Sample Size(s) n=1,359 (only women's responses included in analysis n=1,096).

Mode

Documented

Description

Other Languages

Low-Income

Low Education Level

Evidence

Reliability

Internal Validity **X** r=0.72 for low-fat milk servings and r=0.31 for fat when compared to Willett's 61-item FFQ.

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Havas S et al. 1994; Hunt MK et al. 1998; Sorensen G et al. 1999.

Calcium Food Sources

On an average day, how many helpings of the following kinds of foods do you eat? Milk or dairy foods that are made from milk, such as cheese, cottage cheese, ice cream, milk shakes, or yogurt. (# OF HELPINGS PER DAY; NONE, NEVER, OR RARELY EAT THESE FOODS)

Preliminary Rank High **Instrument** NHANES Diet Behavior and Nutrition Sample Person Questionnaire 1999-2003

Administration

Population National
Subgroup Nationally representative; Question for 60+ years of age only; Survey oversamples older persons (60 years and over), African Americans, Mexican Americans, low income persons (less than 130 percent of poverty), and adolescents 12-19 years old.
Sample Size(s) n=approximately 7,000 interviewed annually (all ages).
Mode Interviewer:In-person interview; trained interviewer using CAPI; individual setting at respondent's home.

Documented

Description

Other Languages **X** Spanish
 Low-Income **X**
 Low Education Level

Evidence

Reliability **X** Some items underwent reliability testing.
 Internal Validity
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other **X** New questions were added or modified based on recommendations from survey collaborators, NCHS staff, and other interagency work groups, and through large-scale field testing of English-Spanish speaking participants.

Notes: Rewording suggested: eliminate "Milk or" since "milk" is covered in another recommended question. The sizes of helpings were not defined and responses represent "number of helpings" as determined by the respondent.

Citations: NCHS/NHANES 2004; An C et al. 2003.